

# COR 101 Activities/Areas of Interest

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*Check all the areas that you would like to learn more about or activities that you would like to complete this semester.*

## Topics/Activities

Campus Tour/Scavenger Hunt (Career Services/ASAP/etc.)	
Tour Workout Facilities	
Library Scavenger Hunts or Library Tour	
HS vs. College or College vs. College (what makes a class difficult)	
Understanding the academic structure at Cortland – Organizational Chart	
Advising and Registration	
Academic Success Skills/Study Skills (reading/note and test-taking/etc.)	
Individual Values Ranking	
Learning Styles	
Academic Integrity (Music Downloads)	
Learn More About the City of Cortland	
Events – attend campus events (plays, special lectures, athletic, etc.)	
Clubs and Organizations	
Stress Management	
Time Management (setting goals, studying, sleeping, socializing, Etc)	
Financial Literacy (credit cards, budgets, scholarships)	
Relationships – Having a with roommates (roommate contract)	
Sexual Health and Wellness	
College and Email Etiquette	
Nutritionist	
Binge drinking/substance abuse	
Diversity discussions and activities	
<i>Journey to a Hate Free Millennium</i> – Diversity film	
Academic and personal goal setting	
GPA calculation – understanding GPA calculations	
Activities regarding your major/department	
Working and communicating with Professors	
Reader discussion on essays, activities, case studies, etc.	
Career Planning – Careers, internships and major decision activities	
Discussion about current events (cyberbullying, hazing)	
Other:	